

In the Claims:

Please cancel Claim 1. ✓

Please add new Claims 23 as follows:

23. (New) A mouthpiece for preventing air leakage, comprising:
a flexible disk configured to fit between a user's teeth and lips, and to adhere to the interior of the user's lips, cheeks or a combination thereof to seal the user's mouth, wherein the thickness of said disk is less than or substantially equal to 1.5 mm.

Please amend Claims 2, 4, and 20 as follows:

2. (Amended) The mouthpiece of claim 23, wherein the thickness of said disk is less than
or substantially equal to 0.5 mm.

4. (Amended) The mouthpiece of claim 23, wherein said disk is comprised of a material
that naturally adheres to the interior of the user's lips and cheeks.

20. (Amended) The method for preventing air leakage as claimed in claim 19, wherein said bite block comprises:

an arm extending substantially perpendicular to the interior surface of said mouthpiece;

and

a flange extending substantially perpendicular to said arm, wherein the width of said arm and the width of said flange are less than or substantially equal to 15 mm.